

Criteria Menu #14

Write a policy that provides for continuing education and training in the areas of physical education, tobacco prevention, and nutrition for teachers who teach these subjects.



Definition: A policy must be written that provides for those teaching physical education, tobacco prevention, and nutrition to attend trainings to improve their knowledge and teaching techniques in those areas.

Rationale: It is important for teachers to have up-to-date knowledge in the subjects they are teaching. Trainings provide information and techniques that can improve teaching in a classroom or gym. By attending one training each year teachers can learn of these changes and use them in ways that will best meet the needs of their students.¹

1. Center for Disease Control and Prevention, *Guidelines for school and community programs to promote lifelong physical activity among young people*, MMWR Vol.46 No RR-6

Resources

Fit, Healthy, and Ready to Learn

C46

Utah State Office of Education

<http://www.usoe.k12.ut.us/curr/pe/development.html>

American Association for Health Education

<http://www.aahperd.org/aahe>



Assignments

School Coordinator Assignments

- Determine school's current policy
- Determine changes that need to be made to comply with new policy
- Review new policy
- Find ways to enforce new policy
- Present new policy in faculty meeting

Mentor Assignments

- Write a policy, give draft to school coordinator and principal to review
- Submit a draft of the policy to your LHD
- Revise policy if necessary and submit to principal for endorsement
- Submit final policy with the end-year report



Criteria Menu #14 Ideas

- Make sure teachers know of this policy
- Create a list of seminars and classes that teachers can attend during the year
- Encourage teachers to find seminars and classes that they would be interested in attending

Policy Checklist

A policy defines an action a school will be taking to improve their health environment. Policies make lasting changes and stay with the school through faculty and administrative changes.

A Gold Medal Schools policy must include an Intent, Rationale, and Reinforcement. The school's copy of the policy must also include the principal's signature. Use this template to write your policy (all information is required).

A sample policy for this criterion can be found on the next page.

The policy must include...

- ☐ Intent
 - "All teachers who teach physical education, tobacco use prevention, or nutrition will attend one training or in-service annually."
 - Describe who determines appropriate trainings or in-services
- ☐ Rationale
 - Support for this policy
- ☐ Reinforcement
 - How this policy will be communicated to appropriate people
 - "This policy will be reviewed each year"



Sample Policy

Intent: All teachers who teach physical education, tobacco use prevention, or nutrition will attend one training or in-service annually. The principal should approve trainings sponsored by other organizations. Appleton School District will compensate teachers for their time at these trainings or in-services. They will also provide a substitute teacher for their class. The school encourages all teachers to continue their education in all forms and will be supportive in such efforts.

Rationale: It is important for teachers to have up-to-date knowledge in the subjects they are teaching. Trainings provide information and techniques that can improve teaching in a classroom or gym. By attending one training each year teachers can learn of these changes and use them in ways that will best meet the needs of their students.

Reinforcement: This policy will be reviewed each year. Teachers who teach physical education, tobacco use prevention, or nutrition will receive a copy of this policy at the beginning of each year.

PRINCIPAL ENDORSEMENT

Principal's Name

Principal's Signature

Date

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